

Board of Health Meeting – August 8, 2019
Community Health Division, Lowell Health Department

Community Health Coordinator (CHC)
Kate Elkins

Sun Safety Initiative

- Blue Cross Blue Shield of Massachusetts awarded Impact Melanoma, a national nonprofit, with grant funds to launch a sun safety initiative in the City of Lowell.
- As of July 1 all Sunscreen Dispenser Kiosks have been dispersed:
 - South Common Pool – for public use
 - Shedd Park Splash Pad – for public use
 - McPherson Pool – for public use
 - O'Donnell Park Splash Pad – for public use
 - Mulligan Park Splash Pad – for public use
 - City of Lowell, Parks Department – for employee use
 - City of Lowell, Fire Department – for employee use
 - City of Lowell, Police Department – for employee use
 - City of Lowell, Public Works – for employee use
 - City of Lowell, Water Utility – for employee use
- Initial data has not yet been collected, but will soon work with Impact Melanoma to gauge usage levels.

Healthy Living in Lowell

- The CHC is working with Lowell Telemedia Center (LTC) to coordinate a monthly health-focused show called “Healthy Living in Lowell”.
- Episodes are currently available on the LTC Youtube channel and include:
 - July: Syringe Services
 - August: Mental Health
- The September episode will be focused on Emergency Preparedness.

Move Your Way Campaign

- Community outreach is being performed to raise awareness of the 2nd edition of the United States Physical Activity guidelines through the “Move Your Way” campaign. This nationally recognized campaign encourages both children and adults to obtain the recommended number of minutes for physical activity by doing the fitness activity that is easiest and accessible to them, such as walking, dancing or swimming.
- Staff did not perform outreach in July, but continues to seek opportunities at events with children and families.

Access to Equitable Physical Activity

- The City of Lowell was awarded a grant from the Blue Cross Blue Shield of Massachusetts Foundation to establish more equitable opportunities for physical activity in Lowell over a three-year period. The CHC is working on coordinating efforts taking place between the Department of Planning and Development (DPD), Public Works, Mass in Motion, and Recreation to implement two main strategies: Park Improvements and Neighborhood Walking Routes.

- Scheduling of the Pickleball court restriping has been postponed due to staffing changes at DPD, but is on schedule to be completed in August. Three courts will be restriped including: Shedd Park, McPherson and South Common.
- DPD and the CHC are in the process of identifying three neighborhoods to begin walking route plans, using the CDCs 500 Cities Data which shows, through census tract, our most physically inactive areas. An internal advisory group has been identified and will meet in July – *this has been postponed and will meet in August.*

Employee Health and Wellness

- The CHC is also working on the following employee health and wellness programs, with valuable input from a recent employee survey:
 - Informational e-Newsletter (monthly)
 - Challenge Activities for Employees (monthly)
 - Onsite health and wellness programming for fall 2019 including yoga, anxiety relief
 - Employee Health Fair (fall 2019)

Additional Notes

- The CHC has been selected to serve on the Lowell Continuum of Care (CoC) Advisory Board
- The CHC worked on the following department-wide projects: Health Department strategic planning, grant application for the Greater Lowell Health Alliance Community Health Initiatives grant; Drug Free Greater Lowell website revisions, Communities that Care Youth Survey information dissemination, Heat Advisory Alert.